



# The Journal

Vol. 25

No. 23

[www.cnic.navy.mil/bethesda/](http://www.cnic.navy.mil/bethesda/)

June 20, 2013

## America Pharmacy Ensures Safety, Informs Patients of Upcoming Delays

By Sarah Marshall  
WRNMMC Journal  
staff writer

To ensure safety and best practices, Walter Reed Bethesda's America Pharmacy will close early Thursday, June 27, for a safety stand down. Patients may experience delays during this pharmacy staff training time, but can rest assured the temporary inconvenience will have a lasting impact.

"Patient safety is always at the forefront of what we do, and will be part of this training," said Col. Laurel Fields, chief of the Department of Pharmacy.

On June 27, the America Pharmacy will open at its usual time, 7 a.m., but will close at 1 p.m., instead of 6 p.m., allowing all hands to participate in their department's safety training, Fields said. During this time, the Arrowhead Phar-

macy in Building 9 will remain open, from 7:30 a.m. to 8:30 p.m. as usual, so patients can continue to pick up their prescriptions that afternoon.

The department spent months preparing for the safety stand down, Fields said, to allow maximum participation for the safety training since pharmacy services are provided 24/7 at the medical center. The department's entire staff, including both the day and evening shift - roughly 140 staff members - will have an opportunity to participate in the exercise.

On June 27, pharmacy staff will have a chance to focus 100 percent on the training, Fields continued.

"It is very hard to provide optimal patient care and train at the same time," she said. "Reaffirming every staff member understands our medication process and performs that process the same way, ensures every

patient receives the same service, every time. The Department of Pharmacy's motto is 'Every Prescription Counts.' Ultimately, training reinforces consistent excellence in our services to each and every patient, every time."

In addition to the America Pharmacy's early closure on June 27, patients should note Pharmacy hours will also change for the Fourth of July weekend.

All pharmacy locations will be closed for the Fourth of July. On Friday, July 5, the America Pharmacy will be closed, but the Arrowhead Pharmacy in Building 9 and the drive-thru refill pick-up location will be open from 8 a.m. to 4 p.m. On Saturday and Sunday, July 6-7, all pharmacy locations will be closed.

In addition, after the holiday weekend, phar-

See **PHARMACY** page 8



Photo by Sarah Marshall

**Private 1st Class Creia Pritchett, pharmacy technician in the Arrowhead Pharmacy, assists Hospital Corpsman 2nd Class Jerry Reaves at the window of the Arrowhead Pharmacy in Building 9 recently. Pharmacy hours of operation will change in the near future, yet staff will continue to put safety first and ensure patient needs are met.**

## NSAB Delivers Sexual Assault Training to Service Members and Civilians

By Mass Communication  
Specialist 3rd Class  
Brandon  
Williams-Church  
NSAB Public Affairs  
staff writer

Sexual assault is a growing problem, not only in civilian world, but in the armed forces as well. Sexual assault shows itself in a variety of forms. Rape, forcible sodomy and unwanted and inappropriate sexual contact are among the acts considered as sexual assaults.

According to the Department of Defense's Annual Report on Sexual Assault in the Military, in the fiscal year of 2012 there were 3,374 reports of sexual as-

sault, 2,558 unrestricted and 816 restricted reports. Since the fiscal year of 2007, sexual assault reports have been on a steady rise in the military.

In response to this, the Navy is holding a fleet-wide stand down for sexual assault training.

The training is called Sexual Assault Prevention and Response (SAPR). At Walter Reed National Military Medical Center and Naval Support Activity Bethesda (NSAB), it is being held beginning the week of June 17.

"SAPR training is an opportunity for leadership to clearly state to everyone that we need to do better, and there are some concrete

steps we expect to take together to improve the current situation," said Capt. Frederick "Fritz" Kass, commanding officer for NSAB.

From Commander, Navy Installations Command (CNIC) down, leaders are committed to a campaign to ensure every Sailor and Navy civilian fully understands the depth of the problem, that deckplate leaders must lead from the front in preventing this crime and that all of us must take ownership of the issue.

According to the CNIC based at Naval Station Norfolk, statistics show that one in four females and one in

See **TRAINING** page 10



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

**Capt. Frederick 'Fritz' Kass, Naval Support Activity Bethesda's commanding officer, gives a presentation to service members and civilians in the Warrior Café Monday on the importance of sexual assault prevention and response.**



# Commander's Column

On Tuesday, Naval Support Activity Bethesda (NSAB) launched the annual organizational climate survey. The survey is completely anonymous for those who work for NSAB. It an opportunity to “tell me how you really feel.” The Medical Center recently conducted a similar survey.

But this is supposed to be a leadership column, not an announcements section (which you’ll conveniently find on this same page to the right). So I’m going to talk about an organization’s climate from a leadership perspective.

First, let me give you my definition of organizational climate. To me, it’s “Do you feel you are treated fairly and with respect in your workspace and if you don’t, do you feel comfortable bringing that to someone’s attention.”

Your leadership is responsible for all of those parts within your organization but while I/we are responsible for it, it is each and every one of you that helps create it. We want to hear when you think something isn’t quite right. Retired General Colin Powell summed it up wonderfully: “The day the Soldiers stop bringing you their problems is the day you stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership.”

We’re not looking for a climate survey that tells us everything is great, although I always appreciate good news. We are looking for one that



tells us where we can improve and fix what’s not great. During the last survey, real changes were made based on feedback that we received.

Your workplace is where you spend a good portion of your waking hours. We all have a responsibility to make that a place of safety and respect. As another example, this

week I am facilitating Sexual Assault Prevention and Response training. This training is meant to be an open dialog about how to bring about positive change in the military’s current climate.

The questions raised in this training apply to each of us. How do you engage with your co-workers? How do your supervisors engage with you? When there is something wrong, can and do you speak up? And if there is a conflict or concern that someone has, no matter what level they are in our organization, will that message get through to higher levels of leadership?

Leadership is about listening and I can assure you that all of the leaders on this campus, including me, want to hear from you. Make your voice heard. What you do here and SAY here matters.

**All Ahead Full,  
Capt. Frederick (Fritz) Kass  
Naval Support Activity  
Bethesda  
Commanding Officer**

## Bethesda Notebook

### LGBT Pride Coffee Social

Walter Reed Bethesda’s Multicultural Committee will be hosting a LGBT Pride Coffee Social today at 11 a.m. in the Great Hall at Building 9, 1st floor. Information booths will be set up by various organizations. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542.

### Prostate Cancer Support Group

The Walter Reed National Military Medical Center (WRNMMC) Prostate Cancer Support Group meets twice today in the River Conference Room, 3rd floor of the America Building (Building 19) adjacent to the Center for Prostate Disease Research. The day session is from 1 to 2 p.m., and the evening session is from 6:30 to 7:30 p.m. For more information, contact Vin McDonald at 703-643-2658 or email [upmjam@aol.com](mailto:upmjam@aol.com).

### GME Graduation

The 2013 National Capital Area Joint Service Graduate Medical Education Graduation and Awards Ceremony will be held tomorrow at 10 a.m. in the Strathmore Music Hall. For more information, call Carmen Waggoner at 301-400-2219.

### America Garden Circle Ceremony

A ceremony dedicating the America Garden, is scheduled for 9 a.m., June 28 in front of the America Building. The garden is designed to offer patients, visitors and staff another place on base for healing and reflection, and provide a historical perspective of Walter Reed National Military Medical Center.

### REACH OUT for Research

Tomorrow from 10 a.m. to 2 p.m., the Department of Research Programs (DRP) hosts its monthly on-demand REACH OUT event in the Hall of Honor outside of Clark Auditorium in Building 10. DRP representatives will be there to help investigators and provide information regarding research. For more information, call Marcus Morgan at 301-400-3529.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without re-



gard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md.

News copy should be submitted to the Public Affairs Office, Building 11, lower level, Room 41, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by telephoning 301-921-2800. Publisher’s advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

## Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Frederick (Fritz) Kass  
Fleet And Family Support Center 301-319-4087  
WRNMMC Ombudsman  
Public Affairs Officer NSAB: Joseph Macri  
Julie Bondar 443-854-5167  
Public Affairs Office NSAB: 301-295-1803

### Journal Staff

Staff Writers  
MC2 John Hamilton  
MC3 Brandon Williams-Church  
Sarah Marshall  
Sharon Renee Taylor  
Cat DeBinder  
David A. Dickinson  
Jeremy Johnson  
Managing Editor  
MC2 Nathan Parde

WRNMMC Editor  
Bernard Little  
Walter Reed National Military Medical Center  
Office of Media Relations 301-295-5727

NSAB Ombudsman  
Jojo Lim Hector 703-901-6730  
Michelle Herrera 240-370-5421

### Visit us on Facebook:

Naval Support Activity Bethesda page:  
<https://www.facebook.com/NSABethesda>  
Walter Reed National Medical Center page:  
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>  
Uniformed Services University of the Health Sciences page:  
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts>

## Recovering Service Members Inspire Others

# Boston Marathon Bombing Victim Motivated by Wounded Warriors

By Bernard S. Little  
WRNMMC Journal  
staff writer

Army Sgt. Ryan Long didn't mince words speaking with Boston Marathon bombing victim J.P. Norden when the two met at Walter Reed Bethesda on June 12.

Long was injured last year while on patrol in Afghanistan when the vehicle he was traveling in encountered a roadside bomb. He lost his right leg. The sergeant told Norden, who lost his right leg when the second bomb went off April 15 at the Boston Marathon, the road to recovery has its challenges, but there are also rewards along the way.

Long described how his 3-year-old daughter said to him before he got his prosthetic, "You got one foot," and then just recently after he received his artificial limb, she said, "You have two feet. It's the little things [that are rewarding]," said the sergeant.

"It gets better," was also Long's message to Norden and other victims of the Boston Marathon bombings. He added those victims' recoveries will depend a lot on their attitudes and how they approach their rehabilitations. "Right now, it may seem [difficult]," the Soldier said. "I know I had days when I was down. I thought, 'I can't do this anymore.'"

The sergeant explained he found inspiration and motivation to push forward in being around his fellow wounded warriors, and seeing how hard they worked to get better. "That's what makes it easier when you're in this situation."

During his day at WRNMMC on June 12, Norden visited the medical center's Gait Lab, which uses a large open space for patients to walk, run and do various forms of physical activity and range of motion exercises to evaluate, measure and improve their gait, balance, and walking patterns. He also visited the CAREN Lab, a computer assisted rehabilitation environment, and the Military Advanced Training Center (MATC), where he saw numerous wounded warriors and other



Photo by Bernard S. Little

**Marine Corps Sgt. Luis Remache, right, offers words of encouragement to Boston Marathon bombing victim J.P. Norden during Norden's visit to Walter Reed National Military Medical Center in Bethesda, Md., June 12. Norden and his brother, Paul, each lost a leg and were burned and pelted with shrapnel while shielding other spectators following the first bomb explosion during the April 15 Boston Marathon bombings. Remache was three months into his third deployment when he lost both of his legs and suffered elbow, stomach, and hand damage in a fire-fight in Sangin, Afghanistan on June 29, 2011.**

patients go through the rigors of rehabilitation "to get back to duty" or new roles in the civilian community.

"It's amazing," were the words Norden used often to describe what he saw at the Nation's Medical Center. "I was shocked seeing all those people there with the same type of injuries [as mine] or worse, doing stuff I didn't know I would be able to do.

I really just want to walk again, more than anything."

One of the first people to greet Norden when he entered the MATC was Staff Sgt. Travis Mills, 26, one of only five quadruple amputees from the wars in Iraq and Afghanistan to survive his injuries. This wasn't the first meeting of the two; Mills and other wounded warriors visited Boston

Marathon bombing victims in Boston not long after the explosions. One of the other bombing victim they visited was J.P.'s brother, Paul, 29, who also lost a leg. The brothers were injured by the second blast near the finish of the marathon while shielding other spectators following the first bomb's explosion.

Norden explained to Mills why his brother didn't make

the trip from Boston to Walter Reed Bethesda, and used a cell phone to call Paul. He then handed the phone to Mills, who offered Paul more encouraging words while urging the younger Norden to visit WRNMMC and see firsthand the recovery of the nation's heroes. The Soldier also repeated his previous message to the Boston Marathon bombing victims, "There's life after amputation."

Also offering words of encouragement was Marine Corps Sgt. Luis Remache, who lost both his legs and suffered other injuries during a 2011 grenade attack in Afghanistan. "It's all on you," the Marine said to Norden during his visit to Walter Reed Bethesda. "It takes a little time, but you still will make it."

Norden's surgeon, Dr. E.J. Caterson, arranged for his trip to Walter Reed Bethesda. The surgeon worked briefly with surgeons at WRNMMC a few years ago, and remembered the wounded warriors he saw recovering here. "This is an incredible place," Caterson said.

"I know about [Walter Reed Bethesda], and I remember seeing J.P. have a down day," Caterson explained. "I knew I had to get him some place where he could see people recovering. [Walter Reed Bethesda] was kind enough to allow us to tour the facility and interact with wounded warriors."

The chief of plastic and reconstructive surgery at Harvard Medical School's Brigham and Women's Hospital in Boston, Caterson said, "Walter Reed has the most experience with amputees. [The doctors] shared with us their expertise because there are some difficult decisions we're making in fitting patients with prosthetics and providing rehabilitation programs."

Air Force Lt. Col. (Dr.) Eric Holt of Walter Reed Bethesda said wounded warriors at the medical center are eager and work hard to get better. "They push the limits. For us to be able to show [the Boston Marathon bombing victims and their doctors] what we do here is motivational for us and for them, hopefully."



# Cancer Awareness Day Promotes Services, Research

By David A. Dickinson  
WRNMMC Journal staff writer

Walter Reed National Military Medical Center’s John P. Murtha Cancer Center will host a Cancer Awareness Day on Monday in the medical center’s America Building during National Cancer Awareness Month.

Seeking to educate attendees about cancers and services available at Walter Reed Bethesda the day will include activities in the lobby of the America Building from 10 a.m. to 2 p.m., and a Cancer Research Seminar in the same building, room 2525 from 9 a.m. to 5 p.m.

Activities in the America Building lobby on Monday will provide an opportunity for patients to become more aware of the types of cancer services offered by the Murtha Cancer Center, explained William Mahr, deputy chief administrative officer of the Murtha Cancer Center. The symposium is for WRNMMC cancer clinicians and staff, and researchers and personnel from the National Cancer Institute, the Uniformed Services University of Health Sciences, the Armed Forces Health Surveil-



File photo by Bernard S. Little

**Radiation oncology is one of the cancer care specialties provided in the Murtha Cancer Center of Excellence at Walter Reed National Military Medical Center.**

lance Center to discuss the collaboration of clinical trials and research efforts, he added.

The Murtha Cancer Center is the only Department of Defense Cancer Center of Excellence within the Military Health System.

According to Mahr, the numbers of cancer patients in the military are similar to those in the civilian population, although there are some variances depending on the particular type of cancer. “The modern, patient-centric, tri-service military health-

care facility’s epidemiological and population sciences staff, continue to conduct research on these differences,” he said.

Since the creation of the Murtha Cancer Center Dec. 3, 2012, opportunities for patients and personnel at the center continue to increase, Mahr continued. “Patients are offered access to cutting-edge cancer diagnostic and treatment technologies,” he said.

Walter Reed Bethesda is one of only 79 health care facilities in the U.S. with accredited cancer programs, according to Mahr. Additionally, WRNMMC was recently presented the 2012 Outstanding Achievement Award by the American College of Surgeons’ Commission on Cancer. The award acknowledges WRNMMC’s “commitment to provide the finest care for all Warriors past, present, and future; their beneficiaries and our veterans,” Rear Adm. Alton L. Stocks, WRNMMC commander, has stated.

For more information about Cancer Awareness Day at WRNMMC, call William Mahr at 301-400-1492.

At ease.



Some choices are hard; this one is easy.  
You want your family to be safe and secure,  
and that’s what we do.

For 134 years, AAFMAA has helped service members and their families prepare for a secure future. The military life isn’t easy, but you can put your family at ease. Give them peace of mind. Give them the gift of financial security. Because they have more important things to worry about than money.

Level Term Life Insurance

Life Insurance Coverage	Monthly Premium	
	AAFMAA	SGLI
\$400,000	\$19	\$26
\$600,000	\$27	N/A

Breathe easy and  
experience the difference.

Call us now.  
**1-877-398-2263**  
**www.aafmaa.com**

Life Insurance  
Wealth Management  
Member Benefits

**AAFMAA**  
Compassion • Trust • Protection

American Armed Forces Mutual Aid Association, 102 Sheridan Ave, Fort Myer, VA 22211-1110  
The U.S. Government does not sanction, recommend or encourage the sale of this product.  
Subsidized life insurance may be available from the Federal Government.



# Top DOD Health Official Visits Nation's Medical Center

By Bernard S. Little  
WRNMMC Journal staff writer

Looking to hear the concerns and issues of staff, wounded warriors and their families during these challenging times, the top Department of Defense (DOD) health affairs official visited Walter Reed National Military Medical Center (WRNMMC) recently.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs and director, TRICARE Management Activity, met with WRNMMC senior leadership staff, before visiting with wounded warriors and their families on the wards, discussing their care and offering words of encouragement.

Woodson, a vascular surgeon and brigadier general in the U.S. Army Reserve, was nominated by President Barack Obama to be assistant secretary of defense for health affairs and has served in the position since being confirmed by the U.S. Senate on Dec. 22, 2010. He also serves as principle advisor to the secretary of defense for health issues. In the Military Health System (MHS) worldwide, there are more than 133,000 military and civilian doctors, nurses, medical educators, researchers, health-care providers, allied health professionals, health administration, logistics, supply, information technology and communications personnel, among others.

As director of the TRICARE Management Activity, Woodson manages all TRICARE health and medical resources, supervising and administering TRICARE medical and dental programs, serving nearly 10 million beneficiaries.

In the military while on active duty, Woodson was "on the ground," deployed to Saudi Arabia when Operation Desert Storm began, and he deployed to Kosovo, and Operation Enduring Freedom (Afghanistan) and Operation Iraqi Freedom. He has also served as a senior medical officer with the National Disaster Management System, where he responded to the Sept. 11 attack in New York City.

During his visit at Walter Reed Bethesda, Woodson praised the staff, and called this "a transformative period in the MHS."

"Change is often difficult because it creates a sense of turbulence, but in many cases, change is necessary," he said.

"I want to say, 'Thank you for the job that you do,'" Woodson said to the Walter Reed Bethesda staff. He thanked leaders "for taking on the difficult task" of implementing changes for the better delivery of health care. "It's not an easy thing to do."

Woodson added there have been some "amazing" things accomplished in the MHS during the last 10 years.



Photo by Bernard S. Little

**Dr. Jonathan Woodson, assistant secretary of defense for health affairs and director, TRICARE Management Activity, visits Army Staff Sgt. Sam Shockley in his room at Walter Reed Bethesda on June 7. Shockley, 25, was injured by an improvised explosive device in Afghanistan in March.**

He cited the improvements in medical evacuations, which have saved many lives, as well as innovations in telemedicine, allowing "sophisticated care" to be delivered in remote areas, also lowering mortality rates.

The senior defense health advisor encouraged people to build on these improvements and innovations, because of the DOD's mission of caring for the nation's heroes and their families.

This will be a challenge in a fiscally-constrained environment, Woodson acknowledged. "Going forward, we have to figure out how to get things in balance. I recognize there's a growing tension between services being able to train, equip and modernize the force versus what we need to do to continue to provide superb care, access to care, [and a] medically-ready force. We have a responsibility to modernize the medical force." He explained this will mean the military medicine team will be "more joint and integrated, as well as, better, stronger and more relevant."

Woodson added that we will continue in that spirit with the creation of the National Capital Directorate after the disestablishment of Joint Task Force Capital Medicine.

In responding to questions from staff, Woodson said he will continue "to fight the battles" concerning budget challenges so MHS personnel can continue to focus on patient care, support and their other missions. He added that because of sequestration, there was an 8 percent cut in the MHS budget during the last half of this fiscal year. He explained if such budget challenges and practices continue, they could irrevocably harm the military and MHS.

"We [also must] appreciate what our civilian colleagues do," Woodson

care and support services to its civilian employees.

"Civilians are a very important part of our organization," Woodson continued. "We need them. One would hope something bad would not happen [in delivery of care and services because of furloughs]. It's my hope that clinical leadership would keep its ear to the ground and moderate the situation for potential critical faults."

"I would remind you, your feelings are being felt throughout the entire MHS as we work through this transformative and [fiscally-challenging] period," he added. "I cannot do this [and] your leadership cannot do this without you. We need you to surface the issues, continue to motivate and inspire and not get demoralized with the process. We will solve these issues together and on the other side, be stronger for it. Thank you for all you do."

Following his meeting with the Walter Reed Bethesda staff, Woodson visited wounded warriors and their families on the wards at the medical center, listening to their stories. He asked the recovering heroes and their families about the care they are receiving at the Nation's Medical Center, and all praised the professionalism and care provided by the Walter Reed Bethesda staff.

## UP TO \$750 OFF FOR ACTIVE MEMBERS OF THE U.S. ARMED FORCES.

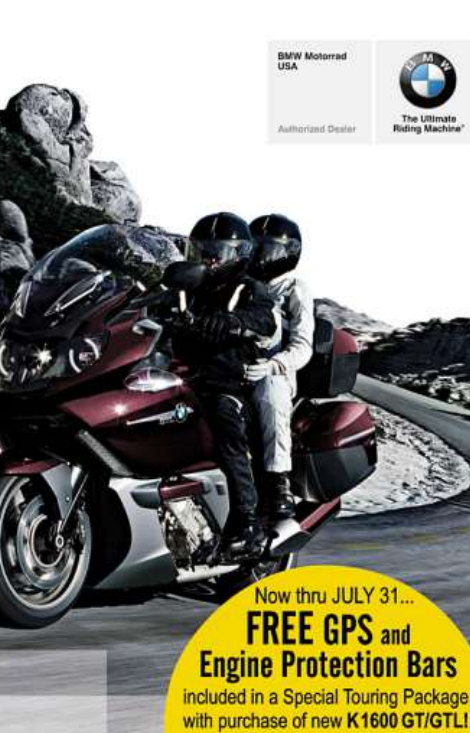
This special program is available to active members of the U.S. armed forces with the purchase of any new BMW motorcycle.\*

**CONTACT BOB'S BMW TODAY ABOUT THE MILITARY MOTORCYCLE PURCHASE PROGRAM.**



For full details please visit or call:  
**bobsbmw.com/military**  
877-BOBS-BMW (877-262-7269)  
10720 Guilford Road • Jessup, MD 20794

\*The Military Purchase Program offer is valid until December 31, 2013.  
©2013 BMW Motorrad USA, a division of BMW of North America, LLC. The BMW name and logo are registered trademarks.





# Walter Reed Bethesda Celebrates Army's 238th Birthday

By Bernard S. Little  
WRNMMC Journal  
staff writer

Walter Reed Bethesda celebrated the Army's 238th Birthday on Friday with a day of activities at the Nation's Medical Center.

The day began with a special formation during the raising of the nation's colors in front of the iconic tower at Walter Reed National Military Medical Center (WRNMMC).

Standing in formation with service members of all military branches, some Soldiers were dressed in various uniforms from throughout the Army's existence. During colors, Army Col. Ramon Fiorey, Walter Reed Bethesda chief of staff, explained the importance of the armed forces' traditions.

"It's important we remember where we came from so we know how we got to where we are today," Fiorey said. She explained on June 14, 1775, the Second Continental Congress authorized the formation of the Army to defend the new colonies from forces who sought to keep them under British rule. "[The colonial troops] were not well-trained, and they were not well-outfitted, but they had something to help them win, and that was heart."

From those determined and courageous colonial troops evolved today's U.S. Army and military, Fiorey continued. "We are now the



Photos by Bernard S. Little

**Service members at Walter Reed Bethesda, including those wearing vintage Army uniforms from throughout its 238-year history, salute the flag during the raising of the colors on June 14.**

best-trained, best-equipped, best-backed and best-supported [Army] in the world. That's something we need to carry with us every single day because it's very easy in day-to-day things to lose sight of that and what it means," she added.

Later in the day, Fiorey participated in the traditional Army Birthday cake-cutting ceremony with Walter Reed Bethesda's most junior Soldier, Pvt. 2nd Class Olga Bryant and her husband, Staff Sgt. Claude Bryant; Lt. Col. Eric Bailey, Troop Commander, U.S. Army Element, WRNMMC; and Command Sgt. Maj. Raul Vizcaino, senior enlisted leader for U.S. Army Element Troop Command, WRNMMC. Following the cake-cutting, a special Army Birthday meal was served.

Wearing a vintage field Army uniform from the Vietnam Era, Army Sgt. Judy Garcia De Cubias agreed celebrating the Army's birthday is important to not forget the past sacrifices of Soldiers and to learn of their contributions to the military. "We should never forget the past," she said.

In a message to Walter Reed Bethesda staff saluting the Army Birthday, WRNMMC commander, Rear Adm. Alton L. Stocks stated, "Two hundred and thirty-eight years ago, the United States Army was established to defend our Nation. From the Revolutionary War to the Global War on Terror, our Soldiers remain Army Strong with a deep commitment to our core values and beliefs.

"Today, we commemorate



**Soldiers at Walter Reed Bethesda prepare to raise the nation's colors during a ceremony in which special recognition was paid to the U.S. Army's 238th Birthday.**

America's Soldiers, families and civilians who are achieving a level of excellence that is truly Army Strong both here and abroad," Stocks continued.

"Their willingness to sacrifice to build a better future for others and to preserve our way of life is without a doubt, the strength of our Nation," the admiral concluded.

## Awareness Saves Lives: USU Student Performs Rescue at NSAB

By Jeremy K. Johnson  
NSAB Public Affairs  
staff writer

An incident at Naval Support Activity Bethesda (NSAB) on June 3 resulted in a quick-thinking Navy ensign, a bystander and a lifeguard coming together to save the life of a swimmer who passed out in the water.

According to Ens. Teresa Gilbride, a first-year student at Uniformed Services University of Health Sciences (USU), she was doing laps at the pool in Building 17 when she noticed a man

at the bottom of the deep end who did not appear to be moving.

"It was on the deep end," she recounted, "and he was lying on the ground. I dove down to check on him."

She attempted to get him to respond, and when he did not, she pulled him to the surface.

"I yelled for help," she said, "and the lifeguard helped me pull him up out of the water." Gilbride, a former lifeguard with four years of experience, explained how important the next moments were and

how well everyone's training worked to save the man's life.

"His lips were blue and we knew he needed CPR. The lifeguard on duty helped us pull him out of the water. A bystander and I began CPR - I did chest compressions while the bystander performed breathing. After about five rounds, he began to vomit and became conscious, but seemed very disoriented," she said.

Gilbride said paramedics arrived shortly after that and transported the man to the hospital for evaluation.

"We recently completed a course in combat medical skills [at USU] and it really paid off. Having this stuff drilled in is important," she emphasized, "because once it becomes muscle memory you don't think, you just react."

According to Jim Ganz, NSAB safety manager and another former lifeguard, situational awareness around bodies of water is important for everyone involved. "I was glad that ensign was there and able to respond so quickly," said Ganz.

Ganz stressed that anyone who is swimming should understand that there's a level of personal responsibility required on the individual in the water. Complicating things, drowning doesn't look the way Hollywood portrays it, he continued.

"An involuntary drowning response makes it nearly impossible for someone to shout for help," Ganz explained. "Instead, they're trying to keep their mouth above the water, struggling."

See **AWARENESS** page 9



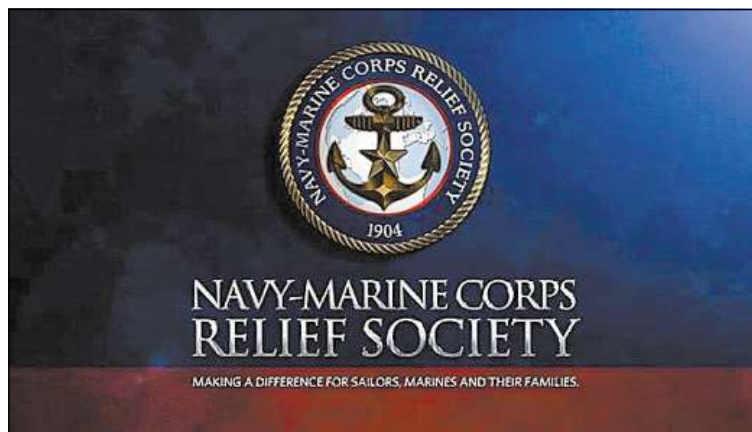
# Navy-Marine Corps Relief Society Fund Drives a Success

**By Mass Communication Specialist 2nd Class John K. Hamilton**  
NSAB Public Affairs staff writer

Naval Support Activity Bethesda (NSAB) concluded their annual Navy-Marine Corps Relief Society (NMCRS) fund drive recently, raising approximately \$42,600 for Sailors and Marines experiencing financial obstacles.

Founded in 1904, the NMCRS is a private non-profit charitable organization that provides financial, educational and other assistance to members of the Naval Services of the United States. Every year, the NMCRS holds a fund drive asking service members to donate funds so the society can continue to help other service members.

"Our goal is to financially educate Sailors and Marines, and we do that using a budget - a one month snapshot of where they are right now to try and show them what [money] is coming in and what's going out," said Gillian Connon, NMCRS Bethesda director. "We help them with financial urgent needs."



So if a car broke down or the transmission fails, we can help out with that. If someone is ill or dying back home and it's expensive to get home, we can help them with emergency travel."

This year's fund drive raised significantly more than last year, and the success of the drive can be attributed to the hard work of the representatives who were instrumental in spreading the word about the benefits of the society, said Connon.

"I think getting the word out and conveying what we do in a way that people understand is what made our drive such a success," she said. "There are lots of places to donate your money and

lots of people are asking all the time for donations, but we show that we're relevant by helping the local base population. I think that is the hardest thing - just letting people know this is a good charity to donate to. It is Sailors and Marines helping Sailors and Marines."

Master-at-Arms 1st Class Mark Collins, NMCRS fund drive representative, added, "We could not have had the success that we did without our fund drive volunteers - fund drive representatives, shipmates helping shipmates, getting the word out to each department by direct contact. It truly is a great feeling to be a part of such a great cause. NMCRS helps our Sailors and Marines on

a daily basis and needs our help and support to keep doing the great things they do for our shipmates."

Collins has received assistance from the NMCRS himself, which is what compelled him to be a representative for this year's fund drive.

"When I was first stationed at Naval Air Station Sigonella, Italy, I needed cash for my initial deposits for moving into the community. If you have ever been stationed overseas, you know the costs I'm talking about. When I approached them for the loan, I received the money that same day. The entire process was simple and they really took care of my needs immediately. It was a great experience."

Because of the joint service environment of NSAB, a new approach to getting donations was adopted.

"What was unique this year is that we teamed up with Army Emergency Relief (AER) and had our representatives talk to people in the other services. We had Navy and Marines getting donations from Army and Army getting donations from Navy and Marines be-

cause everyone works together now.

"It was kind of neat this year to do that. Army emergency relief picked up their fund drive significantly from last year, raising between \$33,000 and \$35,000."

While the NMCRS is for Sailors and Marines, they are willing to provide assistance to service members from other branches of the military, said Connon.

"The society's core clients are active duty, retired and reserve Sailors and Marines. However, we offer cross service assistance through a memorandum of understanding with the other aid societies," she said. "So if you're here in the hospital and you're an Airforce or Coast Guard member, I can go see you and we'll call your respective aid society to see how we can help you."

Connon said she feels very lucky to be a part of an organization that truly benefits service members.

"My husband serves on active duty, and I get to serve the people he works with every day," said Connon. "I love doing budgets

See **RELIEF** page 10

## New Career Management System Places Control Back into Sailors Hands

**By Mass Communication Specialist 3rd Class Brandon Williams-Church**  
NSAB Public Affairs staff writer

The Navy introduced a revised system to manage the career of Sailors June 3.

The new system named Career Waypoints, formerly known as Fleet RIDE, aims to help Sailors make more knowledgeable decisions about their personal and professional careers.

The change in the way Sailors reenlist and covert to different ratings was directly due to their feedback, said Master-At-Arms 1st Class Stacy Leverett, acting command career counselor for Naval Support Activity Bethesda.

"The Navy was having a problem with Sailors not being able to transfer because it wasn't able to match up

a Sailor's orders with career management system-interactive detailing. They changed [the system] to make it more Sailor-friendly and give them access to their own records."

The previous system in use, known as perform-to-serve (PTS), used performance-based criteria within specific ratings and year-groups (Sailors who came into the Navy within the same fiscal year) to retain experience throughout the Navy. However, the time it took to process Sailors' records presented its own challenges.

"The Sailor feedback from the fleet was essentially the PTS system was slow and didn't allow the Sailors enough time to plan a career for themselves and their families, or be able to get orders on time," said Leverett. "Some Sailors had an issue where they were in



Photo by Mass Communication Specialist 2nd Class Nathan Parde

**Naval Support Activity Bethesda Commanding Officer Capt. Frederick "Fritz" Kass reenlists Master-at-Arms 1st Class Michael Gamba during a ceremony Friday.**

their six-month window and signed orders without having enough time or being able to transfer."

The new system promotes Sailors having more control over the way they plan their career, allowing them to change their rating, depending on if the rating is

over or under-manned. Under NAVADMIN 149/13, the new process is simpler, provides faster responses and returns reenlistment power back to the commanding officer.

Along with the change in procedures, the Career Navigator Program will al-

low Sailors to explore and choose available career opportunities across the lines of active and reserve service, according to NAVADMIN 149/13. The new system will also increase the integration of the information technology systems and provide self-service capability so that Sailors will be able to monitor their own information, career opportunities and applications.

"The new system is more efficient because it allows more Sailor input instead of having to rely on the career counselor for everything," said Leverett. "The Sailor now has the ability to input what they want and actually see what their career counselor has or hasn't done for them."

The new system and old system are similar in the sense that they both track

See **CAREER** page 8

# CAREER

Continued from 7

career development, but they also differ in certain key points.

“Career Waypoints is simpler than PTS because open ratings will receive a quota if the commanding officer recommends reenlistment for E-6 Sailors (within 30 days), and E-5 and below will submit a Career Waypoints application,” said Chief Christina Schatzle, command career counselor for the Ceremonial Guard. “Their reenlistment group (open, balanced, or competitive) will depend on their approval, but they will know prior to 10 months from their expiration of active obligated service. This allows for a proper orders negotiating window, plus reserve options sooner if they choose to separate.

The system, also now pre-populated from the member’s electronic service record, helps command career counselors with a smoother submission process.”

The main areas where Career Waypoints and Fleet RIDE differ are the reenlistment request timeline change, early reenlistment, active component/full-time support reenlistment process and the Career Waypoint-Sailor Portal.

One of the key changes is the new timeline implementation. “The good thing is that the timelines are more important,” said Leverett. “Those possible first-term Sailors that are in ratings they didn’t initially want to be in are afforded the opportunity to convert into one of the open rates.”

According to NAVADMIN 150/13, paragraph 3, section F, the Career Waypoint-reenlistment applications for both in-rate and conversion are based on the Sailor’s soft end active duty obligated service month.

Other key changes are highlighted in NAVADMIN paragraph 3, sections C, D, and H. These new changes to the way a Sailor handles the progress of his career will undoubtedly help speed up the process of reenlistments and rating conversions, said Leverett.

“After [the system’s] full implantation, it will streamline and be easier for both commands and for Sailors,” said Leverett. “I think it has long-term potential. Each Sailor E-6 and below under 14 years of service will have to put in for their reenlistment, but now they have the option to reenlist or convert earlier. It helps the Navy man those rates at better levels. One positive with this system is there are fewer rates that are over-manned. This system allows more Sailors to stay in the Navy.”

The change to Career Waypoints is significant, and may be hard for Sailors to adjust to initially, said Schatzle, but it’s a big step forward for Sailors and commands to have the reenlistment control back.

“The system allows for life planning,” said Schatzle. “A Sailor can change their mind, for example, as long as they notify their career counselor and chain of command in order to update their application. In fiscal year 2014, there will be a few other changes to allow weighted performance factors and a Sailor portal allowing Sailors to obtain and view their competitiveness.”

# PHARMACY

Continued from 1

macy hours will be modified due to sequestration, she said. During this time, however, the pharmacy will continue to provide 24/7 support for the Emergency Room and for all hospitalized patients. Beginning Monday, July 8, the Arrowhead Pharmacy will be open from 8 a.m. to 7 p.m. during the week, instead of 7:30 a.m. to 8:30 p.m. The Arrowhead Pharmacy will also be closed on Saturdays, due to sequestration.

During this time, the America Pharmacy hours will remain open Monday through Friday, 7 a.m. to 6 p.m., and the Drive-thru Refill Pickup location will continue its weekday hours, 8 a.m. to 6 p.m., but will be closed on Saturdays.

Though there may be a reduction in hours, Fields said the pharmacy will not cut back on safety and quality. The department’s staff will remain dedicated to providing optimal pharmacy services to patients, she said.

“Our staff [members] care deeply about our patients, and providing them optimal services,” Fields said. “We ask patients to please be patient on those days that may have longer wait times, as the focus continues to be on patient safety.”

For patients referred to network providers with civilian prescriptions, Fields said the Military Treatment Facility Pharmacy is the least costly way to receive their medications. For maintenance medications, patients have the option to use the TRICARE Pharmacy Home Delivery Program, Express Scripts.

Currently, there is no co-pay for a 90-day supply of any generic medication, she said. For more information about this program, patients can ask any of the pharmacies. They can also call, 1-877-363-1433, or visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy).

# GET GOREWARDS®. GO SHOPPING. GET REWARDED.

We know it’s nice to be rewarded. And with our GOREWARDS card, you get rewarded for every purchase you make—no matter where your life takes you.

- > Earn one point for every dollar you spend
- > Redeem rewards for cash, merchandise, gift cards, and travel
- > Pay no annual fee and no foreign transaction fees\*



ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
DoD

APPLY TODAY!

[navyfederal.org](http://navyfederal.org) 1.888.842.6328

Federally insured by NCUA. \*GOREWARDS credit card offers a variable purchase APR that ranges from 9.49% APR to 18% APR. Rates based on creditworthiness. ATM cash advance fees: None if performed at a Navy Federal branch or ATM. Otherwise, \$0.50 per domestic transaction or \$1.00 per overseas transaction. App Store™ is a service mark of Apple, Inc. Android™ is a trademark of Google, Inc. © 2013 Navy Federal NFCU 12595 (5-13)





# AWARENESS

Continued from 6

gling to inhale and exhale, sculling their arms and all of their body's responses are directed at that."

That's why situational awareness from everyone is important, he said.

"Swimmers can increase their safety by first and foremost making sure they know how to swim. It's also important that people know their limits, don't mix alcohol and swimming, and never try to hold their breath for extended periods without being in a controlled environment."

Other swimmers can be on the lookout for anyone who may look panicked or be behaving unusually. He advises anyone who has any doubt to ask the person if they're ok. Gilbride agrees, "It's better to annoy the person than to assume they're OK and let them drown."

For anyone interested in more information about water safety and awareness, the American Red Cross has published a series of informational materials to address several scenarios, including open water and home pools. That information can be found at [www.redcross.org/water-safety](http://www.redcross.org/water-safety).



File photo by Jeremy K. Johnson

Patrons at the Building 17 fitness center swim laps while a lifeguard supervises.



**Mine was earned aboard  
USS HANCOCK. By my dad.**

Susan S., USAA member

**USAA Auto Insurance. Earned once.  
Cherished from generation to generation.**

At USAA, our commitment to serve the financial needs of military members, veterans who have honorably served and their families is without equal. In fact, families regard USAA Auto Insurance so highly, 95% of USAA members plan to remain with USAA for life.<sup>1</sup>

**Begin your legacy. Get a quote.**

[usaa.com/insurance](http://usaa.com/insurance) | 800-531-3550



<sup>1</sup>Based on 2011 Member Communications Trend Survey.

Use of the term "member" or "membership" does not convey any legal, eligibility or ownership rights. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve or in the National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Automobile insurance provided by United Services Automobile Association and its P&C affiliates. Each company has sole financial responsibility for its own products. © 2012 USAA. 139380-1012



# TRAINING

Continued from 1

seven males will be victims of sexual assault in their lifetime. In the Navy, the majority of the victims are between the ages of 18 and 24.

“You only have to read the papers to know that it’s receiving national attention every day,” added Kass. “More importantly, it risks undermining the fabric of our military, because in wartime it’s a cliché – you don’t fight for a cause, you fight for your teammates on each side of you, and if you can’t trust them, we have a very big problem.”

The training focused on many aspects of sexual assaults in the military.

Presented as a dialogue-like seminar, participants shared stories, watched videos from the top of the Navy chain of command and listened to possible solutions for deterring sexual assault.

“It helps to put things out there that people don’t normally think about,” said Religious Programs Specialist 3rd Class John Leitzinger. “By putting it out there and making people think about it and realizing how much of a problem it is, it sheds light on the issue. Sexual assault is one of the most horrible acts. It’s almost worse than killing someone. You make them live with the thought that this horrible thing happened to them and though they didn’t die, they are constantly reminded that it happened. The more we can prevent this, the better for all of us.”

“We all have the potential to make a positive impact, whether by bystander intervention, cre-

ating a better environment in the workspace or encouraging a survivor to report who might be reluctant so we can hold the appropriate people accountable,” said Kass. “Everybody potentially has an opportunity to help and it only takes a few people who are not onboard to create a big problem for us.”

The purpose for SAPR training and awareness is to get to the root of the problem with sexual assault. According to the SAPR website, the Navy’s mission is to prevent and respond to sexual assault, eliminating it from our ranks through a balance of focused education, comprehensive response, compassionate advocacy and just adjudication in order to promote professionalism, respect, and trust, while preserving Navy mission readiness.

“We want to do as much as we can to decrease the risk for everybody, by creating the right environment, holding those who might have a lapse in their behavior accountable,” said Kass. “There are things that we can do to decrease it from happening at all, but once it does happen, as a commander, I am responsible for creating an atmosphere where survivors feel comfortable coming forward and reporting that it happened.

“I can’t do that by myself. I need every work center to be onboard with me. I know leaders in individual workspaces, whether they’re LPOs (leading petty officers) or civilian work center supervisors or shipmates; they are going to create their own culture that is a part of our larger culture at this command. I can’t change that. All I can do is to make clear I expect every subculture on this issue to be in complete alignment with mine of where we want to be.”

# RELIEF

Continued from 7

and working with money. Hopefully, at end of the day I have helped somebody get out of a situation they didn’t know they were in.”

Navy Medicine Professional Development Center was the most generous command on the base, raising approximately \$10,000 of the \$42,600 total.

“We look forward to next year’s fund drive where NMCRS and AER will work together again,” said Connon. “I want to say thank you to everyone on the base for supporting us so well this year and helping improve our numbers so that we can help more Sailors and Marines this year than we did last year.”



Your Higher Education Resource




Professional Services

Call 301-670-7106

Clinical Research

Clinical Research



Volunteers needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Rockville MD office.

Donations occur at our Bethesda and Germantown, MD offices by board certified physicians. Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

AD-Bone Marrow 12/08

For more information, or to schedule an appointment:  
Toll free: (888) 926-9211  
Email: donorinfo@lonza.com

Lonza

T6613350

Reach over 125,000 military personnel, their families and the surrounding areas

Advertise Your Professional Service Here

Call 301.670.7106



We’re ready to serve you and your family.

Life can bring unexpected surprises. That’s why we make it easy to get the care you need, when you need it. Our caring family of experienced doctors and associates are available late afternoons and Saturdays for your convenience. We offer a wide variety of dental services with many locations close to you.

Schedule your appointment today.  
Visit FusionDentalGroup.com

Fusion Dental

ASHBURN • BETHESDA • COLUMBIA • ELDERSBURG EXCHANGE • RESTON • RIVER HILL • WALDORF

© 2013 Fusion Dental. All rights reserved. Fusion Dental is a registered trademark of American Dental Partners.





# Classifieds

Call **301-670-2503**

**Houses for Sale**  
Prince Georges County

**SUITLAND/AAFB:**  
\$248,000, 4br, mo-in-law apt, fin bst, lrg dck, dtch grg, nr Branch Ave Metro 301-702-2442

**House for Rent**  
Prince George's Co.

**FORT WASHINGTON.**  
Remodeled 5BR, 3BA, fireplace. 1 car garage .\$2300/mo. Available now. Call 202-345-5996.

**Healthcare**

**Dental/ Medical Assistant Trainees Needed Now**  
Dental/Medical Offices now hiring. No experience? Job Training & Placement Assistance Available  
**1-877-234-7706**  
CTO SCHEV

**Healthcare**

**Pharmacy/ Phlebotomy Tech Trainees Needed Now**  
Pharmacies/ hospitals now hiring. No experience? Job Training & Placement Assistance Available  
**1-877-240-4524**  
CTO SCHEV

**Full Time Help Wanted**

Sales  
**Residential HVAC Salesperson**  
Harvey Hottel, Inc. is currently seeking Experienced Sales Personnel. Knowledge in all areas of residential HVAC a must. **E-mail resume to [jmckenna@harveyhottel.com](mailto:jmckenna@harveyhottel.com)**

**Full Time Help Wanted**

Let us help you grow your business  
Give Us A Call Today

**301.670.2503**



Let us help you find the right candidate, recruiting can be simple!  
Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500

**ARE**  
So  
**YOU**  
Are  
**READING**  
Over 450,000  
**THIS**  
Others!  
**AD?**

**Why Advertise? Because it works!**  
**Call 301-670-2503**  
**TO PLACE YOUR AD!**





**EuroMotorcars**  
BETHESDA • GERMANTOWN



## DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



1038448

EuroMotorcars Bethesda

Randy Merry and Jim Pratt, New Car Sales Managers  
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers  
888.250.2987

EuroBethesdaMercedes.com  
7020 Arlington Road, Bethesda, MD 20814

EuroMotorcars Germantown

Scott Weber, New Car Sales Manager  
Abdul Razak, Pre-Owned Sales Manager  
866.259.3915

EuroBethesdaGermantown.com  
19750 Germantown Road, Germantown, MD 20874

Read  
**The Journal**  
On Your Tablet or  
Smart Phone!

**DOWNLOAD THE DC  
MILITARY APP TODAY!\***



\* App for iPhone & iPads and Android Devices